

Hurry Up Ham and Noodles

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Adapted from Taste of Home

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/recipe-builder/MEMBERRECIPE:625d879ff12027244d6441f2>

- 5 cups uncooked whole wheat egg noodles
- 2 Tbsp butter (cubed)
- 1 cup fat free half and half
- 1-1/2 cups chopped fully cooked ham
- 1/2 cup grated Parmesan cheese
- 12 oz cooked broccoli florets (or veggie of your choice)
- 1/4 cup thinly sliced green onions
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

1. Cook noodles according to package directions.
2. Meanwhile, in a large skillet, melt butter over medium heat.
3. Gradually whisk in half and half.
4. Bring to a boil, stirring constantly; cook and stir until thickened, about 2 minutes longer.
5. Add the ham, cheese, onions, broccoli, salt and pepper; cook, uncovered, until heated through.
6. Drain noodles; add to ham mixture. Toss to coat; heat

through.

Main Course

Ham

ham, noodles